

Bernal Olympian



Bernal resident Julian Muñoz will ski in the 1992 Winter Olympics this year in Albertville, France.

Olímpico de Bernal

De su residencia en la Colina de Bernal a los declives de la región de Val D'Iserre en Francia, Julián D. Muñoz viajará por millas para participar en los Juegos Olímpicos XVI del Invierno en Albertville este mes. Esta competencia será el segundo evento Olímpico de Muñoz desde que representó a Costa Rica en el equipo alpino de esquí en los Juegos Olímpicos del Invierno 1988 en Calgary, Canadá.

"Nunca imaginé que estaría en las Olimpiadas. Es una increíble-

- continua en pag 5

By Vicki Victoria

From his home on Bernal Hill to the slopes of the Val D'Iserre region of France, Julian D. Muñoz will travel miles away to participate in the XVI Winter Olympic Games at Albertville this month. This competition will be Muñoz's second Olympic event since representing the Costa Rican alpine ski team at the 1988 Winter Olympics in Calgary, Canada.

"I never imagined that I would be in the Olympics. It's an incredible experience that I just can't describe in words," says Muñoz. "The idea just came upon me when I talked to the head of the Olympic Committee while working with the Costa Rican Soccer team at the '84 Summer Olympics at Stanford. The head of the Costa Rican delegation was a personal friend of my grandfather, Jose Daniel Zuñiga, the renowned na-

tional composer," reflects Muñoz. After inquiring about how to get on the winter team and to compete in the trials, Muñoz found that his that his only other major requirement was a Costa Rican passport. "The International Olympic Committee only requires possession of a passport, not citizenship, from the country that you are representing."

"My heritage has been full Costa Rican for over 150 years on both sides of my family," explains Muñoz. "The fact that I was born here [in the U.S.] is only a geographical distinction - not cultural. I spoke only Spanish until I was five years of age." Muñoz keeps his involvement with his heritage alive by acting as an honorary commercial attache for the Consulate of Costa Rica. He is especially proud to have served under the admini-

- continued on page 3

Neighborhood Views

A New Mayor

By Tim Paulson

Many Bernal Heights residents were concerned with latest mayorial campaign and surprised by the upset victory of Frank Jordan over incumbent Art Agnos. Throughout the primary many formidable candidates threw their hats into the ring and we had a chance to hear so many different platforms and promises that nobody could predict who would eventually challenge the Mayor in the runoff.

Four years ago many of us in Bernal Heights were excited by a Mayorial campaign that suddenly decided to take neighborhood issues seriously. Art Agnos pulled off a major upset by taking his campaign from hill to hill, neighborhood to neighborhood with promises of open government, minority hiring to top positions, neighborhood representation, and renewed support for San Francisco's labor unions. He won one of the biggest landslide elections in California history and optimism was running high. He set up his team of advisors and initial access to City Hall was opened to more than the professional lobbyist. Then something turned horribly wrong. By election time the city was on the verge of serious division. Twenty three candidates filed for mayor. Political allies were campaigning against each other. The Labor Council was too divided to endorse anybody. There was even bad blood in Bernal Heights over affordable housing issues.

Somehow any forum for discussion became a battle field. But now the election is over and a highly

- continued on page 2

Join the Neighborhood Center!

Dear Neighbors,

Yes, it's time to join or renew your membership to the Bernal Heights Neighborhood Center, now in our 14th year of service to our diverse and exciting community. Dues are still a bargain at \$10 a year, but may be going up later in 1992, so "Seize the Moment" and join now! You can drop by the Center for a new BHNC brochure, or fill out the following coupon and mail it to us.

We're very proud of the services we've been able to provide in our neighborhood this past year, including our growing senior and youth programs, our block club organizing work, and our bi-monthly *New Bernal Journal* distributed throughout the neighborhood by many valued volunteers. Just to highlight some key accomplishments:

- Our growing Senior Program served 379 seniors last year and initiated the SNAP grocery bag program serving 80 low income seniors per month.

Inscribete Como Miembro Del Neighborhood Center!

Queridos Vecinos,

Sí, es el tiempo para llegar a ser o renovar su asociación al Bernal Heights Neighborhood Center, ahora en nuestro 14 año de servicio a nuestra diversa y estimulante comunidad. Las cuotas todavía están a bajo precio, solo \$10 por año, pero quizás puedan subir mas tarde en el transcurso de 1992, "Aprovecha el Momento" e inscribete como miembro ahora! Usted puede pasar por el Centro por un nuevo folleto, o llenar el cupón abajo y mandarlo a nosotros.

Estamos bien orgullosos de los servicios que hemos podido ofrecer a nuestra comunidad este último año, incluyendo nuestros crecientes programas para mayores y jóvenes, nuestro trabajo en organizar a los diferentes grupos de vecinos, y nuestro periódico cada dos meses, el *New*



Members of the BHNC at the 1990 Bernal Heights Arts Festival, sponsored each year by the Neighborhood Center. Now called "Fiesta on the Hill" the BHNC hopes to expand the community event into a street festival this year.

- Served over 140 new youth through the Mayor's Youth Employment Program and Private Industry Council, and an additional 40 young adults through our own Job Development Program.

- Initiated a Toy Give-away through our Youth Program in December, distributing over 600 free toys to Bernal children and their families.

- For the fourth year in a row, we helped keep our 29th Street Mental Health Clinic open.

- Working with the fine Bernal Library Staff and neighbors, we actively participated in saving the Library from being

- continued on page 5

Bernal Journal, distribuido por todo el vecindario por muchos voluntarios. Para demostrar algunos de nuestros cumplimientos tenemos que:

- Trabajando con los excelentes empleados de la Librería de Bernal y vecinos, tuvimos buen éxito en salvar a la Librería de ser transformada en una "Clínica para Leer"

- A través de nuestro trabajo de organización con el colectivo Grupo de Vecinos de Bernal, pudimos ampliar el programa de CPOP del Departamento de Policía y reducir las actividades relacionadas con las drogas en la Avenida Cortland.

- Por el cuarto año consecutivo, hemos ayudado a mantener abierta la Clínica de Salud Mental de la calle 29.

- continua en pag 5

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

For Advertising Call: 206-2144

Deadlines: Editorial/Submission: 3/13/92
Advertising Reservation: 3/20/92. Camera Ready Ads: 3/27/92
We reserve the right to edit for clarity or space.
Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

Editor Vicki Victoria
Youth Assistant M. Tyrone Blackburn
Photography Helen Heller, Vicki Victoria
Art Production Victoria Graphics
Distribution Dave Rogers, Gerald Whitehead & a cast of hundreds
Contributors Rey Ibay, Jeanette Conely, Jessica Murray, Barbara Pitschel, Jaqueline Letalien, Helen Heller, Mauricio Vela, Tim Paulson, Evette Freeman, Carmen Muñoz, Stella Loaisiga

Spanish Translation:

Copyright 1991 by Bernal Heights Community Foundation

We are a member of the S.F. Neighborhood Newspaper Association.

Recent Shootings & Armed Robbery Attributed to the "Cortland Corridor"

In less than one week, three victims were shot in separate incidents in Bernal Heights. Residents first began to take notice of the unusual presence of gunfire when the owner of Robert's Shoe Repair at Mission and 29th Street was killed with one gun shot to the head on the morning of January 22nd. Late Saturday night on January 25th, a young man of 19 was gunned down at the 3350 Mission Street Safeway Parking lot. On the night of January 27th, another young man was shot near the Bernal Playground on Moultrie Street.

Regarding the week's shoot-

ings, Officer Rey Ibay says that it's fairly normal crime activity and that the unrelated shootings aren't leading up to anything. Officer Ibay rationalizes that Bernal Heights is, unfortunately, in an unstrategic location. "It's a corridor between Potrero Hill and Mission and vice-versa for drug traffic," he says, "On January 22nd and 25th, there were two armed robberies at the stores at the corners of Cortland and Nevada and also at Cortland and Bocana." He explains that most drug users rob a store in this area based on a sudden decision or opportunity because they were

One Morning at Holly Park

Dear Editor:

While on a walk in Holly Park, I was surprised to find an SFPD car blocking the path. Leaning down into the driver's side window, I said, "Anything wrong up here officer?" "Oh, no," he said, "We just come up here, sometimes to check things out." I asked how they managed to get the patrol car up the steep slope of the grassy park. "Oh, we just drive it up where the curb is cut in. We do it all the time." It seemed to me that they should park on the street like normal people and do a foot patrol around the park. And if there was no trouble there that morning, why were they sitting idly and not out covering their beat?

As I turned away to breathe a frustrated sigh, a man walked by with two dogs, unleashed. Tired of having to put up with strong whiffs of dog doo every time I go out for a walk, I asked the cop what could be done about making people obey the law that says they must clean up after their dogs. "Oh, there's nothing you can really do. I ticketed somebody once,

but unless we see the dog actually doing it, we can't enforce that law." I asked if there was some way to educate the public about it, to possibly give dog owners incentives for poop-scooping and maybe placing some additional trash cans in strategic locations. The cop looked unenthused and told me I'd better talk to the parks department.

When I asked if there's a squad car that regularly patrols the area at night, the cop shrugged a shoulder and said they're usually too busy on "higher priority jobs" and only pass through when traveling from one call to another. No wonder the elderly lady around the corner was mugged in her doorway when returning home from the church Bingo game... my boyfriend's car was spray-painted... and several neighbors have gone out in the morning to find their car windows scattered in a million pieces on the sidewalk.

I asked the policeman if he could suggest anything to remedy this sad situation. "Not enough of us," he replied curtly. "Well now that Jordan's our mayor," I pointed out, "shouldn't that be changing?" He shrugged again.

- Anne Weinberger

passing through Bernal and needed drug money.

Phil Zamora, President of the So. of Army Mission Merchants Association feels that the increase of shooting is due to the inadequate police patrol of the Bernal Heights area. "A lot of the store owners and managers around here say it looks like gang wars. They're coming in from outside

areas because there's less police protection here and they're taking advantage of it." Zamora also feels that drugs are a part of the problem, "The economy is bad and people are angry. When you can't afford food - that's one thing. But when you can't afford your drugs...people become desperate." •

A New Mayor...

- continued from page 1

popular incumbent mayor has been defeated by the former police chief, Frank Jordan. Bernal Heights still supported Agnos 60% to Jordan's 40% and I believe that is still an indication of our belief in his statements about affordable housing, neighborhood input and all those issues that downtown government often doesn't hear.

I suggest that Frank Jordan will not only hear those issues but will open up the bureaucracy to democratic debate and hopefully implement those issues. They may not be resolved the way our neighborhood wants but I predict that openness and consensus will prevail.

I don't feel downtrodden that a liberal mayor rejected, I feel that cities and neighborhoods and even politicians are always in a constant flux-feeling the mood of the people, reacting to new ideas, new interchanges. What I feel is that this neighborhood will continue to listen to problems and push for better access to City Hall. Block Clubs and Merchant Associations will stay as democratic and vital as ever and Bernal Heights will continue to be a model neighborhood in America's most beautiful city. •

Tim Paulson is Co-Chairman of the Northwest Bernal Heights Design Review Board and works as a Business Representative within the San Francisco Building and Construction Trades Council.



Clover Stornetta
Lowfat Milk 99¢
2% milkfat - half gallons only
-reg 1.19



Brown Cow
Whole Milk Yogurt 69¢
all flavors - 8 oz. - reg 95¢



Fantastic Foods
International Rice & Beans
Meals-in-a-Cup \$1.19
reg 1.45

Cajun Red Beans & Rice
Curried Lentils & Rice
Pinto Beans & Rice Mexicano
plus 3 other varieties



R.W. Knudsen
Fruit Spritzers \$3.29
12 oz. - 6 pks - reg 4.39

jamaican lemonade
mango sandango
lemon-lime
clearly cola
plus many other flavors

**Free Parking
Across the Street
In our Very Own
Parking Lot!**

an ongoing conversation with our neighbors....

Why doesn't The Good Life Grocery carry only organic produce?

We try to carry as much organic produce as we can, but we do not carry organic produce just for the fact that it is organic. Recently, we had a customer who wanted organic onions. Our commercial variety was selling for 25¢ a pound while organic onions would retail at \$1.49 a pound. To us, that's the difference between a staple and a luxury. Those prices will vary depending on the growing season but we feel that \$1.49 a pound is too high and that price would exclude many working families from buying what should be an inexpensive staple.

We Offer

a 10% discount to all senior citizens holding a San Francisco Gold Card. This discount is only available between the hours of 9 am until 3 pm. Please present your Gold Card at the time of purchase. For information on obtaining a Gold Card, call 626-1033

We Accept

ATM Cards
MasterCard & Visa
Cash & Checks
Food Stamps



Store Hours

Monday - Saturday
9:00 am - 8:00 pm
Sundays
10:00 am - 6:00 pm

We Welcome

your comments and suggestions. We are anxious to hear what you have to say. All sale prices listed here are effective through the 15th of the month and then we have more sales. Stop by and see...

So when is organic produce cheap?

That will be when the growing season comes around. We're accustomed to fresh produce all year round but sometimes the marketplace goes haywire, usually during the winter months, and we experience shortfalls and the price skyrockets. Fresh produce is cheap when the supply is good and the quality is excellent. Produce gets expensive when the supply is poor and the quality is lousy. This is exactly the opposite of less perishable goods like VCRs which equate quality with price.

Will you carry more organic produce?

Sure, but our basic driving principle is that food should be affordable for everyone, not just for those who have the means to acquire it. Bernal Heights has an eclectic mix of people and we aim to attract everyone to shop in our store. High prices exclude low income people. Low prices attract everyone.

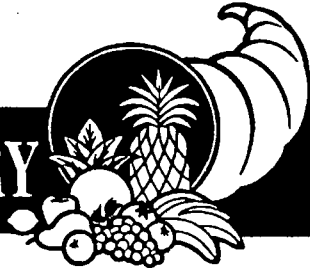
So you carry organic food only when it's cheap?

No, we'll carry a wide range of products and produce that will fit everyone's budget. So, if the organic red oak lettuce is too expensive, there will be a head of inexpensive red leaf nearby. That way, everyone has a nice salad that night. All of our products will be high quality with an emphasis on value. One of the tragedies of the American food distribution system is that low income people don't always have access to good, nutritious food. They are subjected to high fat diets that emphasize flavor over nutrition and price over quality.

How do you plan to change all this?

Very slowly. Good, nutritious food is never cheap. Organic food is usually more expensive than what is available at the supermarket. Natural food isn't loaded with inexpensive fillers, thus making it more expensive per serving. But we believe that everyone wants good food and in the long run, everyone will benefit. By providing consistent quality, competitive prices, we hope that you will shop here at The Good Life Grocery on a regular basis. Our produce section will be stocked with a wide variety of wholesome, high quality fruits and vegetables that will allow everyone to serve delicious, tasty meals and snacks. We hope to see you all very soon.

The
GOOD LIFE GROCERY



448 Cortland Avenue • Bernal Heights • San Francisco • 94110

648-3221

Bernal Olympian

continued from page 1...

stration of his country's past president, Oscar Arias. "Oscar Arias was awarded the 1987 Nobel Peace Prize," boasts Muñoz, "He is responsible for the links to peace and human progress in Central America and also for the awareness of women's issues and rights there. He now directs the 'Arias Foundation' with the money he was awarded from the Nobel Prize."

Arias's work has inspired Muñoz to continue working toward similar goals of democratic plurality with the consulate. "My life is quite involved around the appropriate commercial development of Costa Rica," says Muñoz who also manages to sustain a private practice as an architect amidst his numerous endeavors. He laughs, "I only get and need six hours of sleep a night!"

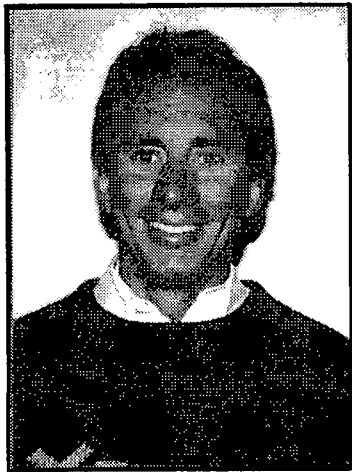
Growing up in Bernal Heights, Muñoz attended Paul Revere Elementary and graduated from Lowell High School. He says that it was during high school that he began skiing and that he was basically self taught. "The most fun I had skiing was to go as fast as I could from the top of the mountain to the bottom," he says, "I recognized that in order to become more poised, I needed professional instruction - to break all the bad habits that I learned from recreational skiing."

His personal commitment to training for the Olympics also proved to be a big financial one. "I spent \$10,000 of my own resources training for the 1988 games in Calgary," says Muñoz, "The honor of representing a country means having to be a donor, too!"

Muñoz knows the limits of his abilities and doesn't have unrealistic hopes. "Given the time I spend skiing, I hope

to only improve my standing - I won't be competing for the gold medal," he says, "You can't be a world class skier unless you devote your entire life to it." His first race at Albertville will be the giant slalom competition on February 18th. "World class types finish this race in one minute," he explains, "Un-world class are finished two and half minutes and above. Compared to them, I'm walking down the slope!"

Regarding his own Olympic performance, Muñoz is pleased to say that in the



Julian D. Muñoz

'88 Calgary games he "beat" the U.S. team, "I was able to 'beat' them because I finished the race. Only half of the field of 120 athletes finished the race. There are two heats per race and if you fall, you are essentially disqualified."

Admittedly, a slight chuckle will come to mind upon hearing about a ski team from the heart of Central America. "The last time we had snow in Costa Rica was 2 million years ago in the ice age!" jokes Muñoz, "I get a lot of press for representing a country with no snow, but Latin America is getting more and more representation in the Winter Olympics."

At 45 years of age, Muñoz looks and acts more like a 35 year old! Most ath-

letes competing against him are an average of 24 years. In his mother Carmen's words, "He's no spring chicken!" With a laugh, Muñoz agrees, saying that Albertville will be his last Olympic competition, "It has been a privilege to represent my country - but feel I should allow others to have a try." He expresses his pride in his involvement in helping to increase Costa Rica's participation in the Winter Olympics. "I'd like to work to develop a program that's sustainable," says Muñoz, "I'd like to see a lot more Latin American athletes at the Winter Olympics - especially more women."

"The Olympics are an unique experience. It's a United Nations under a sports umbrella," he explains, "You meet fascinating people from all over the world and form lasting relationships." With only 1,500 athletes in the Winter games as opposed to the 20,000 in the summer, Muñoz says that the Olympic experience becomes even more exciting, "The Winter games are much more personal, classic and exciting as you get to interact more closely with the other athletes."

After the games, Muñoz will return to Andover Street, to the home of his parents since 1952. He expects to find his fax machine churning out letters and notes from his friends, old and new, that he met at the Olympics. "Bernal Heights is my home-base. I like this community, I'm supportive of the work that the Bernal Heights Neighborhood Center is doing and it's a great environment to raise kids." He doesn't see his international activities pulling him away from his community, "My roots are here in Bernal Heights and the Latin community. I hope that I can inspire others to do what I have - to represent their own countries in one of the most exhilarating experiences they'll ever have."

The Housing Column: Some Facts About Our City

by Helen Helfer,
Bernal Heights Housing Corporation

Back in 1949 our nation passed its very first housing law - to guarantee that every family in America had a decent home. In January of 1992 we still have a long way to go. Just last year Congress passed the Affordable Housing Act of 1991 to move us forward toward that 1949 goal. In order to secure local funding from that legislation, San Francisco recently completed a major study on our housing needs. Here are some of the key highlights:

- The purchasing power of SF households fell during the 1980s as housing costs soared. The price of the average single family home in SF rose 160 percent during the 1980s, from \$131,000 to \$340,000. During the same period median rents rose nearly 90 percent, from \$475 to \$895. Housing costs far outpaced the consumer price index, which rose only 64 percent during the same period.

- About 90 percent of the city's lower income households are renters, and a majority pay more than 30 percent of their income on housing (the standard nationally accepted percentage). To meet the HUD guidelines for affordability, programs have been developed to fill the gap between 30 percent of a household's gross income and market rate rents. These programs are broadly defined as "rental assistance programs." Out of 64,242 low income families in San Francisco only 19,700 households received rental assistance in 1991. There were also 2,800 households who did not receive direct subsidies but paid below market rents on units produced by non-profit developers through state and local housing programs. An additional 1,500 persons were indirectly subsidized through the city's emergency shelter programs.

- According to the Association of Bay Area Governments, SF must build about 8,500 new units for lower income households in the next five years just to keep up with expected increases in the number of jobs and households in the City.

Or Shalom Jewish Community
Religious School
offers

CLASSES IN BASIC JUDAISM
APPROPRIATE FOR CHILDREN
FROM MINIMALLY OBSERVANT
AND INTERFAITH HOMES

Two hours per week. We use a humanistic, spiritual and ecumenical approach. A class for 9 and 10 year-olds begins September, 1992. Applications must be received by April 30, 1992.

Call Diane Sampson at 661-5466.

With So Many Real Estate Agents
To Choose From . . .

How Do You Pick ?

- * **Experience**

6 years and \$18 Million in sales !

- * **Service**

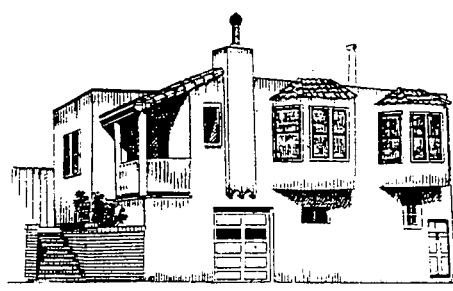
Attention to every detail from
advertising to close of escrow !!

- * **Approach**

No-pressure advice and assistance !!!

I live in Bernal Heights.
I know Bernal Heights !

Randall Kostick
648-6255



ZEPHYR
REAL ESTATE & INVESTMENTS
3841 24TH STREET
SAN FRANCISCO, CA 94114
PHONE 415 695-7707

Youth & Seniors



Above: Over 500 families came to the Bernal Heights Neighborhood Center this past December to take part in the Youth Program's Toy Give-away. Below: Youth and seniors worked together to wrap over 1,000 toys. Pictured from the left: Anabelle Mejia, Eduardo Mejia, Ann Golden, Ana Diffut and Eva Mae Evans.



Bernal Youth & Carnival!

The Annual "Carnaval" parade and celebration will take place on May 24th this year. San Francisco's Carnival is a colorful and joyous celebration of dance, music, culture and life that has its roots in the Mission, with the first Carnival held in Bernal Heights' Precita Park.

The Youth Committee of the BHNC would like to organize a Bernal youth contingent for the upcoming Carnival Parade. The input of the community is needed in order to make Bernal's participation a success. Residents, especially youth, with special talents (mask-making, float design, etc.), ideas or who would just like to help out are encouraged to call Terrence Ireland, 695-9509 or Jose Léon, BHNC 648-0330.

Making the Season Brighter for Bernal Kids

This past Christmas, the Bernal Heights Neighborhood Center's Youth Committee decided that a Toy Give-Away would be a good idea that would get youth and community members involved during a special time of the year.

Over 500 neighborhood families, especially those that were low-income, were invited to and enjoyed this annual event sponsored by the BHNC. The community came together to share something very special as hundreds of children were delighted with their toys and talked to Santa Claus.

The December 21, 1991 "Toy Give-away" was made possible through the generous donations from the U.S. Marine Corp.'s Toys for Tots Program, Lewis Galoob Toys, St. Anthony's Foundation, The Salvation Army and Macy's of San Francisco who were the main toy contributors.

The Bernal Heights Youth Program was also able to make Christmas a little brighter through the help of the Bernal Heights Senior Program who donated the flyer design and wrapping paper and helped to wrap 1,000 toys, the BHNC Board and Staff who helped solicit toys and organize the event and Mr. Donald Pipkins who played our Santa Claus.

- By Evette Freeman, B.H. Youth Program Assistant Counselor

Youth & Seniors Celebrate Dr. M.L. King, Jr. Day



"K" is for his Kindness, "I" is for his Intelligence," was proudly recited by children of Paul Revere School during their visit to the Bernal Heights Senior Program in mid-January. The 36 schoolchildren performed their annual Martin Luther King, Jr. presentation to the delight of the community's senior citizens. Paul Revere School Student Advisor, Starlette Jones and Bernal Heights Senior Program Bi-lingual Aide, Xky Dixon,



Dorothy Carlyon receives a group hug from her young friends from Paul Revere School.

have been working together to develop intergenerational activities between the two groups. Past activities have included gardening projects and holiday celebrations, such as Halloween.

The young children enthusiastically shook hands and hugged their adoptive grandparents after the presentations and sing-along before taking a rainy-day walk back to their school.

- Photos by Vicki Victoria



**Marvin
Gardens**
Florist & Gift Shop

UNDER NEW MANAGEMENT!

20% Discount
with this ad!

coupon expires 3/31/92

Order your Valentine's Day Arrangement Now!

♥ Out of town & local delivery available ♥

Open 11:00 - 6:00 pm, 7 days a week

399 Cortland Avenue
San Francisco • 641-8382

The Bernal Heights Senior & MYEEP Programs invite you to a



**Soul
Food
Dinner**

A Celebration
of Black
History Month

Friday, February 7, 1992 • 6:00 - 8:00 p.m.

Tickets: \$5/youth & seniors, \$8/Adults. Limited seating. Call 206-2145

Bernal Heights Neighborhood Center • 515 Cortland Avenue

Noticias de la Comunidad en Español

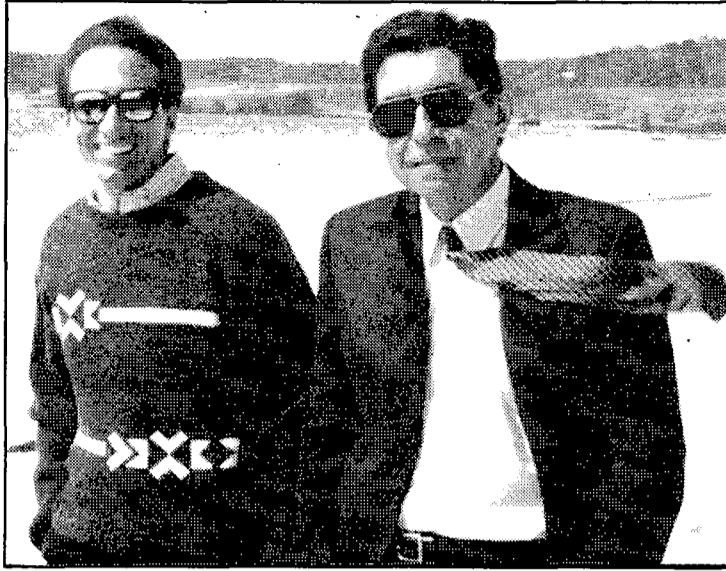
Olimpico -

Continúa...

experiencia que simplemente no puedo describir con palabras", dice Muñoz. "La idea me vino cuando conversé con el jefe del Comité Olímpico mientras trabajaba con el equipo de fútbol de Costa Rica en las Olimpiadas del Verano '84 en Stanford. El jefe de la delegación de Costa Rica era un amigo personal de mi abuelo, José Daniel Zuñiga, el renombrado compositor nacional", refleja Muñoz. Después de averiguar cómo ser miembro del equipo de invierno y competir en los preliminares, Muñoz descubrió que su otro mayor requerimiento era un pasaporte de Costa Rica. "El Comité Internacional Olímpico solamente requiere la posesión de un pasaporte, no la ciudadanía, del país que usted está representando."

"Mi herencia ha sido completamente costarricense por más de 150 años en ambos lados de mi familia", explica Muñoz. "El hecho de haber nacido aquí (en los Estados Unidos) es solamente una distinción geográfica - no cultural. Yo hablé solamente español hasta los cinco años de edad". Muñoz mantiene vivo su involucramiento con su herencia actuando como agregado comercial honorario del Consulado de Costa Rica. El está especialmente orgulloso de haber servido durante la administración del pasado presidente de su país, Dr. Oscar Arias. "Oscar Arias recibió el Premio Nobel de la Paz en 1987", pondera Muñoz, "El es responsable por los enlaces a la paz y progreso humano en América Central y también por el reconocimiento a los asuntos y derechos de las mujeres ahí. El dirige ahora la 'Fundación Arias' con el dinero que le fue otorgado con el Premio Nobel".

La labor de Arias ha inspirado a Muñoz a continuar trabajando hacia metas similares de pluralidad democrática con el consulado. "Mi vida se envuelve en gran parte alrededor del desarrollo comercial apropiado para Costa Rica", dice Muñoz, quien



Julian Muñoz and Oscar Arias

también mantiene una práctica privada como arquitecto entre sus numerosos esfuerzos. El sonríe, "Yo solamente obtengo y necesito seis horas de sueño cada noche!".

Muñoz conoce los límites de sus habilidades y no tiene esperanzas imaginarias. "Tomando en cuenta el tiempo que paso esquiando, solamente espero mejorar mi posición - No estaré compitiendo por la medalla de oro," él dice, "Usted no puede ser un esquiador de clase mundial a menos que usted dedique su vida entera al deporte." Su primera carrera en Albertville será la slalom gigante el 18 de Febrero. "Los tipos de clase mundial terminan esta carrera en un minuto," él explica, "Los que no son de clase mundial terminan en dos y medio minutos o más. Comparado con ellos, estoy caminando al bajar la colina!"

Admisiblemente, una vaga sonrisa vendrá a la mente al escuchar acerca de un equipo de esquí del corazón de Centro América. "La última vez que tuvimos nieve en Costa Rica fue hace 2 millones de años en la edad glacial!" bromea Muñoz, "Recibo mucha publicación por representar un país sin nieve, pero América Latina está obteniendo más y más representación en las Olimpiadas del Invierno"

Con 45 años, Muñoz aparenta y actúa más como si tuviera 35. La mayor parte de los atletas que compiten contra él tienen un

promedio de 24 años de edad. En las palabras de su madre, Carmen, "El no es pollo jovencito!". Con una sonrisa, Muñoz está de acuerdo, y dice que Albertville será su última competencia olímpica, "Ha sido un privilegio representar a mi país- pero siento que debo permitir a otros tener una oportunidad." El expresa su orgullo en su afán de ayudar a aumentar la participación de Costa Rica en las Olimpiadas del Invierno. "Me gustaría trabajar para el desarrollo de un programa sostenible," dice Muñoz, "Me gustaría ver a muchos más atletas Latinoamericanos en las Olimpiadas del Invierno especialmente a más mujeres."

Después de los juegos, Muñoz regresará a la Calle Andover, al hogar de sus padres desde 1952. El espera encontrar su máquina de FAX entregando cartas y notas de sus amigos, viejos y nuevos, que él conoció en las Olimpiadas. "Bernal Heights es mi hogar. Me gusta esta comunidad, apoyo la labor que hace el Centro del Vecindario de Bernal Heights y es también un gran ambiente para criar niños." El no cree que sus actividades internacionales le alejan de su comunidad, "Mis raíces están aquí en Bernal Heights y la comunidad Latina. Espero que pueda inspirar a otros a hacer lo que yo he hecho - representar a sus países en una de las más regocijantes experiencias que ellos puedan tener." *Por Vicki Victoria*

Traducción por, Carmen Muñoz

- Continúa...

• Servimos a más de 140 nuevos jóvenes a través del Programa del Alcalde Mayor para Emplear Jóvenes y Consejo de la Industria Privada, así como 40 jóvenes adicionales a través de nuestro Programa de Desarrollo de Trabajos.

• Nuestro creciente Programa para Mayores sirvió a 379 mayores en el año pasado e inició el programa SNAP, donde regalan bolsas de comestibles a 80 mayores cada mes.

• Iniciamos un Repartimiento de Regalos para Navidad a través de nuestro Programa de Jóvenes en Diciembre, distribuyendo más de 600 juguetes gratis a niños de Bernal y sus familias.

El Neighborhood Center tuvo un incremento en su uso en 1991 por una variedad de grupos, incluyendo a las Girl Scouts, Narcóticos Anónimos, el Programa de Comida de SHARE, y los Grupos para Revisar Proyectos. Eventos especiales como la

Fiesta de Casa Abierta para los Artistas de Bernal, "Franks para Frank" en Noviembre, y el Foro para Alcalde Mayor en Octubre trajeron vecinos al Centro por primera vez.

Nuestra reunión anual (conocida como el Congreso de la Comunidad) será el sábado, 21 de Marzo en el Neighborhood Center. Esta es una buena oportunidad para reunir a todos los miembros, votar por nuevos Miembros para la Junta Directiva de BHNC, y trabajar en una Agenda y Presupuesto para Bernal que satisfaga las necesidades de nuestra comunidad en tiempos críticos con el presupuesto. Todos los miembros recibirán correspondencia especial acerca del Congreso a principios de Marzo y esperamos que ustedes puedan atender.

Por favor toma nota que para

votar por los candidatos en este Congreso, nosotros tendremos que recibir su forma para ser miembro a más tardar el día Viernes 13 de Marzo a las 5 p.m. También, si usted conoce a alguien que quisiera ser miembro de la Junta Directiva, por favor llame a nuestra oficina al número 648-0330 y le enviaremos una aplicación; o pase por la oficina para recoger una. El último día para aplicar para miembro de la Junta Directiva es el Viernes, 28 de Febrero a las 5 p.m.

Nuestra Misión es: "Reforzar los esfuerzos de las personas para preservar la diversidad étnica, cultural y económica de Bernal Heights y mejorar la condición económica de personas de bajo y moderado ingreso en Bernal Heights." Nosotros recibimos con gusto su apoyo en hacer esta misión una realidad en los meses y años venideros. •

Neighborhood Center

Continued from page 1...

downgraded to a "Reading Clinic"

• We created five new Block Clubs this past year, and with St. Anthony's Church, revived the Precita Valley Committee

• Through our organizing work with the Hill-wide Block Clubs, pressed the Police Department to expand its CPOP program on Cortland Avenue and Precita Valley, curtailing drug activity in those two areas.

• Secured funding, with eight other neighborhoods, from the Office of Substance Abuse Prevention (OSAP) for a community organizer to work with Bernal youth and their families.

The Neighborhood Center has seen increased use in 1991 by a variety of groups, including the Girl Scouts, Narcotics Anonymous, the SHARE Food Program, and the Design Review Boards. Special events such as the Bernal Women's Artists' Holiday Open House, "Franks for Frank" in November, and the Mayoral Forum in October brought neighbors to the Center who hadn't been here before.

We look forward to an even more active Center usage in 1992.

Our annual meeting (called the

Community Congress) will be held on Saturday, March 21st at the Neighborhood Center. This is an important opportunity for all members to come together, vote for new BHNC Board Members, and work on a Bernal Agenda and Budget that meets the needs of our community in a time of severe budget shortfalls. All members will receive a special mailing in early March on the Congress and we hope each of you can attend.

Please note that in order to vote for candidates at this Congress, we must receive your membership form no later than Friday, March 13th at 5:00pm. Also, if you or someone you know would like to run for the Board, please call our office at 648-0330 and we'll send you an application - or feel free to stop by the office for one. The deadline for Board applications is Friday, February 28th at 5:00pm.

Our Mission is: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." We welcome your support in making this mission a reality in the months and years ahead.

See you in March!

Gerald Whitehead, President

Helen Helfer, Executive Director

Mauricio Vela, Center Director

Join the BHNC!

As a member you are eligible to vote for the BHNC Board of Directors at the Annual Meeting, receive newsletters and meeting notices, participate in our services and activities, and have a say in shaping the future of Bernal Heights!

My annual membership dues are enclosed. I subscribe to the mission and goals of the Bernal Heights Neighborhood Center.

Name _____

Address _____

Phone _____

Date _____

ANNUAL MEMBERSHIP DUES:

- () \$ 10 Regular
- () \$ 5 Senior
- () \$ 5 Low-income
- () \$ 1 Youth (to 18 years)
- () \$ 20 Business/Organization
- () \$ 50-100 Sustainer

- () This is a new membership
- () This is a renewal

I am interested in working on:

- () Senior services/activities
- () Youth jobs/activities
- () Community organizing
- () New Bernal Journal
- () Fundraising events
- () Membership development
- () Other _____

How did you hear about BHNC?

Please return membership application to:
Bernal Heights Neighborhood Center
515 Cortland Avenue
San Francisco, CA 94110

For more information call: 648-0330



Neighborhood

BERNAL HEIGHTS

★ ★ ★ ★ FOUR STAR VIDEOS

VHS RENTALS & SALES

Great Selection of:

- NEW RELEASES
- CLASSICS
- FOREIGN
- CHILDREN
- CULT
- ADULT
- NINTENDO - SEGA

Open
7 Days
11am to 9pm

VCR RENTALS

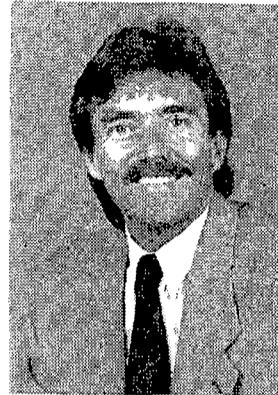
641-5380

We Accept Reservations

402 Cortland Avenue (at Bennington)

Settle for the Best

With your Sale or Purchase



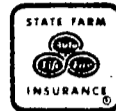
"Call now
for your free
market
analysis."

Ask me about my
generous referral incentive!

A Top Producer in Bernal for Buyers & Sellers
As a long time Bernal Resident, I know your neighborhood.

Alan Medina

863-7500, Ext. 145
Res. 550-7646



Off.: (415) 285-2

STATE FARM
INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

LARRY DE VISCHER
Agent

3579 Mission Street
San Francisco, CA 94110

Las Road Runners

Fashion Accessories & Toys



Used Clothing • Furniture • Books • Household Items • China • Piping
Misc. Items • Flower Arrangements • 78's-33's Records

Open 7 Days • Si Habla Español

Barbara Montano, 641-0662 • Julia Tarango, 824-8653

511 Cortland Avenue • 641-0402

PIZZA EXPRESS RESTAURANT

all natural
ingredients



Compa
our Siz

919 Cortland Ave.
San Francisco, CA 94110

282-23

Shop in Your Neighborhood for Quality, Convenience

BERNAL CALENDAR

Soul Food Dinner, Friday, February 7th. A fundraising dinner produced by the Bernal Senior & Youth Programs, celebrating Black History Month. Bernal Heights Neighborhood Center. Tickets: \$5 youth/senior, \$8 adults. 206-2145.

Baile y Cena Celebrado, Saturday, February 8th. Valentine's Day dinner and dance. Donation: \$15.00. 7:00 - 1:00 a.m., St. Kevin's Hall, Ellsworth St. at Cortland Ave.. 648-5751.

Storytelling, Wed., February 19th. As part of the Libraries celebration of Black History Month, Karen McKie will tell stories using dolls created from the images and stories of her elderly relatives. Bernal Branch Library, 500 Cortland Ave., 7:30, free.

Bernal Hill-Wide Coalition Meeting, Fri., February 21st. Various groups on the hill will discuss and plan the "Bernal Agenda" for the year. This agenda will solicit the top priorities of the neighborhood's needs such as public safety, graffiti, infrastructure improvement and youth employment. 7:00 p.m. Bernal Heights Neighborhood Center, 515 Cortland Ave.. 648-0330.

Specializing in Pasta, Seafood and Veal



Italian Cuisine

Lunch or Dinner
2 for the price of 1
with this ad

Offer good through March 31, 1992
Coupon not valid for the holidays

Lunch: Mon-Fri 11:30-2:00 pm
Dinner: Sun-Th 5:00-10:00 pm
Fri-Sat 5:00-11:00 pm

300 Precita Ave. • 285-6005
Between The Mission and Bernal Heights

KITTY'S

Restaurant

Food to Go

Home Cooking



- Breakfast
- Lunch
- Dinner

Your Hosts:
Kay & Louie

Serving the Mission for Over 20 Years

3322 MISSION STREET • SAN FRANCISCO • 282-4775

Since 1982, your caring



NEIGHBORHOOD DENTIST

St habla Español • Nagsasalita kami ng Tagalog
One block from St. Luke's Hospital

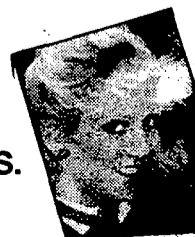
- Nitrous Oxide and Stereo Headphones
- Preventive Care
- Caridex System Minimizes Drilling
- Bleaching
- Implants
- White Fillings
- Dental Insurance Accepted

641-8900

Glenn S. Belen, D.D.S.
and Associates

3208 Mission Street

Member: ADA, CDA, SFDS, 1982 UOP Graduate



DENTAL EXAM AND CLEANING

\$35 Regularly \$90

Complete oral exam

X-rays as needed

Teeth cleaned
and polished

Please, new patients only

EXPIRES 3/31/92



Shopping Guide

KITCHENS AND BATHS

CRAIG CUMMINGS

GENERAL CONTRACTOR
License No. 465507

315 Park Street
San Francisco, CA 94110
415-641-1355

Peter Waring
PLUMBING
CONTRACTOR
State License #363457

49 Bache Street
San Francisco, CA 94110

550-6622

LIC. 552716
Dan B. Underhill

PROTECT
YOUR INVESTMENT
AND
YOUR HEALTH!

(NOT NECESSARILY
IN THAT ORDER)

PLUMBING-206-1412
DESIGN • INSTALLATION • REPAIR • MAINTENANCE

When You Are Ready to Buy or Sell



MARGRET MAKER
REALTOR® ASSOCIATE
COLDWELL BANKER
BUS. (415) 563-4111
RES. (415) 648-8915



Choose an agent who knows
Bernal Heights, who has lived here for
over 15 years, who cares about the
neighborhood and cares about you.

If your business needs computers,
you need
a computer dealer that
means business

Noe Valley Computers

"...number one in
San Francisco."

Bernie Zilbergeld,
Computer Currents

"Recommended dealer"
S.F. Examiner & Chronicle

Experts in Assisting Non-Profits and
Small Businesses

Full On-Site Installation and Training
Repair • Consulting • Networks

OPEN MON-FRI/10 TO 6
100 Clipper Street (at Church)
San Francisco

(415) 282-3000

ence and Economy!

T. KEVIN'S CHURCH

I N G O

VERY 2-\$250 JACKPOTS!

\$25 FREE GAME

\$150 SOCKOS

CARDS: \$1 each - \$5 minimum

OPEN 6pm • 1ST GAME 7:30pm

\$100 - 10 games - Good Neighbors

150 - 4 games - Good & Good Good Neighbors

KEVIN'S PARISH HALL
WORTH OFF CORTLAND • 648-5751

To Advertise in the
New Bernal Journal

Call: 206-2144

TOYOTA • SUBARU • NISSAN • HONDA • MAZDA

Ask about our new expanded tire services.

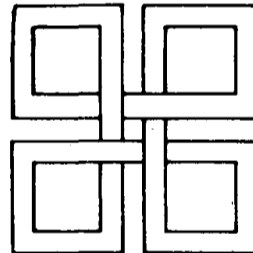
185 Bayshore (near Army) 550-2400
Mon-Fri 8:00-5:30

AUTO
motion

COMPLETE FOREIGN CAR SERVICE & REPAIR
A WOMAN OWNED BUSINESS

Quality posters & frames in your neighborhood!

ART MOUNT



- quality custom framing
- shrink wrap services
- access to over 100,000 posters to choose from
- 2 day service available
- Satisfaction guaranteed & the lowest prices in town

New hours to serve you!

Tuesdays - Saturdays, 10-6. Closed Sundays.

430-A Cortland Avenue
San Francisco, CA 94110
(415) 647-7722

Specials for our Customers!

Ana's Villa Restaurant & Bar

Mexican food at it's Best

3355 Mission Street • San Francisco, CA 94110

Tel. 821-2070

New Saturday & Sunday Hours!

**Early Bird
Dinners Special!**

Bring in this coupon to receive
20% off
your total dinner bill!
4:00 - 6:00 p.m.

Saturday & Sunday Brunch!

10:00 - 1:30 p.m.

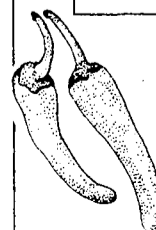
Bring in this coupon for

**Free Orange Juice or
Mimosa** (champagne & orange juice)
with any breakfast!

Bienvenidos Amigos!

We serve delicious

**Margaritas
Beer & Wine**



Coupon offer expires on 2/29/92

SAN FRANCISCO
AUTO REPAIR
CENTER

FOREIGN AND DOMESTIC
AUTO REPAIRS

- NOW OPEN 7 DAYS!
- Dependable Work - Honest Prices
- Basic Auto Repair Classes
- A Community - Oriented People's Garage
- Men & Women Mechanics
- Official California Smog Station

FLORIDA ST. (Near 18th), S.F., 285-8588

\$10.00 Off Smog Test

Coupon Expires December 31, 1992

SAN FRANCISCO AUTO REPAIR CENTER

Living on the Hill

Bernal Hilltop Natural History

The Ferns of Bernal

by Barbara M. Pitschel

Although we usually think of Bernal as a dry grassland, winter months offer an opportunity to observe plants sometimes associated with wetter environments—mushrooms, mosses, rushes, and—easiest to locate and recognize—ferns.

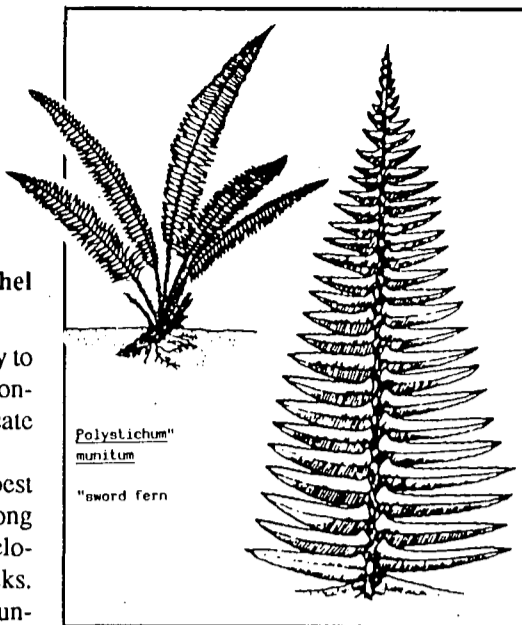
Three fern species are native to Bernal Hilltop. The best place to begin looking is on the shaded rocky seeps along Bernal Heights Boulevard west of the northern road closure. Two species grow here in the cracks of the rocks. *Polypodium californicum* (California polypody) is abundant year-round in this location, but during the winter months large populations of it can also be found throughout the northwest slope grasslands. It is distinguishable from our other ferns by its smooth, rounded pinnae (frond divisions).

Less common, but well worth locating, is *Pityrogramma triangularis* (gold back fern), aptly named in Latin for its triangular shape and in English for the beautiful golden powder covering the back of its fronds (which is how you can be sure that you've found it!). The pinnae of this species are divided, giving the frond a lacy appearance. A few lovely little gold back ferns grow among the polypodies in the rocky seeps.

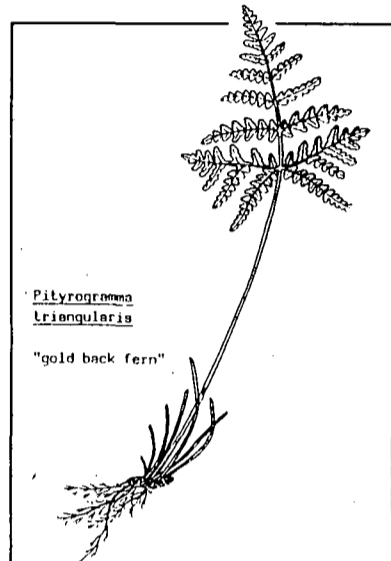
Our third fern, *Polystichum munitum* (sword fern), grows in large clumps in a couple of drier areas on the steep northwest slopes. It is a much stiffer and less delicate looking plant than the other two species, and is evident year-round, although many of its fronds dry out, blacken, and die off later in the year. It is named for the swordlike shape of its pinnae.

There are new and interesting things to see on Bernal at every season of the year, if only we take the time to look for them. Join us at preservation/restoration workparties on the third Sunday of each month. Meet at foot of the road leading to the phone company microwave tower near the southwest road closure of Bernal Heights Boulevard at 11 a.m. For further information call me at 282-5066.

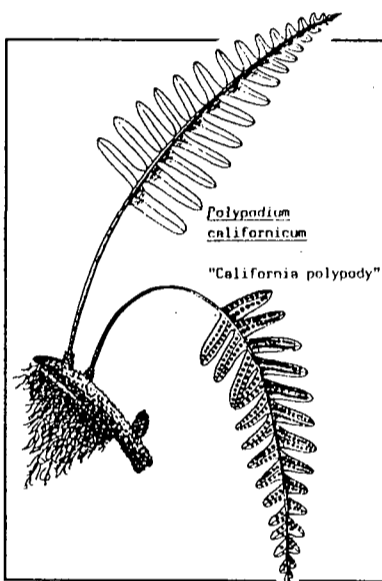
There are new and interesting things to see on Bernal at every season of the year, if only we take the time to look for them. Join us at preservation/restoration workparties on the third Sunday of each month. Meet at foot of the road leading to the phone company microwave tower near the southwest road closure of Bernal Heights Boulevard at 11 a.m. For further information call me at 282-5066.



Polystichum munitum
"sword fern"



Pityrogramma triangularis
"gold back fern"



Polypodium californicum
"California polypody"

Reduce Trash & Increase Recycling With Smaller Cans

San Francisco residents are doing such a great job recycling that a new billing category for a smaller 20-gallon garbage can has been added. Prior to this new category, a 32 gallon can rate was the smallest option available to residents. The new lower rate was created as an incentive to residents to increase their recycling and waste reduction efforts, and also as a reward

to residents for these efforts.

In anticipation of residents' switch to the new 20-gallon can and to further support the concept of waste reduction and reuse, the San Francisco Recycling Program is compiling a list of ideas on how to reuse or donate the old 32-gallon cans. Some of the ideas that we have come up are to use the cans as compost bins or as storage tanks for water and bird

seed. These ideas will be compiled and sent to all residents that are interested in making the switch.

Residents who are interested in making the switch should call the customer service representative at the phone number on their garbage bill. The new rate came into effect on October 1, 1991.

The public is welcome to call the "Trash Can" hotline at 554-3410 and leave their practical, ingenious and creative ideas on how to reuse or donate the old 32-gallon trash cans. - *Maria Hon*

Walking Blues

A City of Neighborhoods

By Jacqueline Elizabeth Letalien

Well, we have another mayor. There have been reams of analysis printed to intercept this allegedly "new" circumstance. The bottom line is that no one is sure how the change in the city hall will make a difference (and no one is sure "to what or whom") and most do not believe any change will much matter in the midst of a national depression. While I am pragmatic enough to agree with the skepticism, I am not given to agree with the sense of futility in the cynicism. While I do not support the nice guy politician, there is a concept that rises above the rhetoric and cannibalism of recent electoral sales pitches: neighborhoods.

San Francisco has the unique aspect of being a city of neighborhoods, small towns within this urban structure. Neighborhood means small business that have been there for years; clerks, cooks, mail carriers who know a neighbor's face. Neighbor means someone I can borrow yogurt from and return the favor in eggs or cooking oil. Neighbor means babysitting the kids downstairs, watching them grow taller and go to school for the first time. Neighbor means cat sitter, commiserator, advisor. Neighbor is someone who watches out for you and you for them. A neighborhood is full of these cooperative arrangements and familiarities. This is confirmed when I frequent neighborhood cafes, a natural pet store, the Rexall drugstore, or a family owned corner stores; when I encounter neighbors on the street, in backyards, parks, in store. We live here together. We know each other, trade stories and favors. It's a friendly, comfortable, flexible co-existence, cooperation among people. A neighborhood offers these possibilities built on trust.

Mayors may come and go; political promises are extended, then evaporate. Ah, but neighbors and neighborhoods can be a lasting concept and reality. May we flourish.

Bernal Heights
YEAR ROUND APPOINTMENTS
REASONABLE RATES

Bernal TAX-PEPERS

INCOME TAX
FEDERAL & STATE
NOTARY PUBLIC & BOOKKEEPER

FLORA L. ALEXANDER, T.P.
501 CORTLAND AVENUE
SAN FRANCISCO, CA 94110

(415) 641-4922
RES. (415) 993-6811

BETH ABRAMS' DANCE STUDIO

- Jazz dance classes for adults and teens
- Spring workshops beginning mid-March
- Supportive, non-competitive atmosphere



Stretchaerobics

A 1 1/2 hour dance-y stretch-y hot fun aerobic workout like none other anywhere!

Fully equipped studio

Available for sublet hourly for rehearsals and classes

Call 282-6177 for information ad brochure

SUBSCRIBE!

The New Bernal Journal
delivered to your door!

Help support your bi-monthly
community newspaper!

- () \$9.00 for one year
- () \$17.00 two years
- () please accept my donation
for \$ _____ to help produce our
community paper!

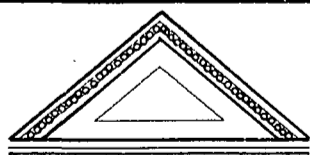
Name: _____

Address: _____

Phone: _____

Thank You!

Send to: New Bernal Journal
515 Cortland Avenue
SF, CA 94110



SHANTA
CARPENTRY
& **CONSTRUCTION**

- △ remodeling
- △ kitchens / baths
- △ elec. / plumbing
- △ additions
- △ repair / dry rot
- △ victorian restor

Lic. No. 442870

foundation to finish

821-4091

WE WANT YOUR STUFF!

To recycle into children's artwork
and community projects

S.C.R.A.P.

(Scrounger's Center for Reusable Art Parts)

We need your clean reusable materials including:

Paper	leather	rubber	foam core	wire
Fabric	tile	Yarn	pens	paint
Wood	buttons	frames	mylar	tubing

OPENING RECEPTION THURS FEB 20, 4-5:30 PM
BRING US A BAG OF HOUSEWARMING SCRAP SCRAP

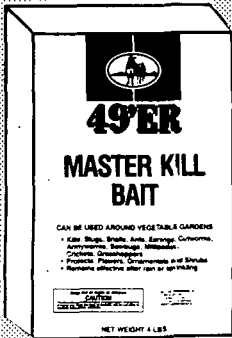
c/o Sunshine High School Site
2730 Bryant Street (&25th St)
San Francisco, CA 94110
Call 647-1746

SERVING SAN FRANCISCO SINCE 1938

SUNSET GARDEN SUPPLY

320 ALEMANY BLVD. • 648-4242

HOURS: MONDAY, TUESDAY - THURSDAY - THRU SATURDAY: 9:00 - 5:30 P.M.
SUNDAY: 9:00 - 4:00 P.M. • CLOSED WEDNESDAYS

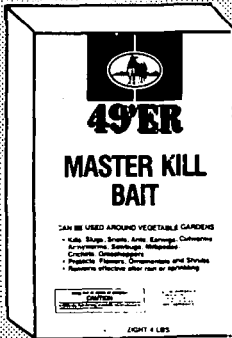


**FOR
SLUGS
& SNAILS**

REG: \$10.49

**SALE:
\$8.69**

4 LB. Box Sizes



Liquid Gold

A fish-based liquid fertilizer with soil-penetrant added. Excellent for fast green-up, balanced feeding.

15-6-3

REG: \$8.99

SALE: \$7.79

1 Gallon Size



REG: \$5.95

**SALE:
\$5.29**

3 Cubic Ft.
Bale



**"ALL
PURPOSE"
FERTILIZER**

FORMULA 49

REG: \$3.69

**SALE:
\$2.99**

5 lb. Bag

Special February/ March Coupon!

SERVING SAN FRANCISCO SINCE 1938

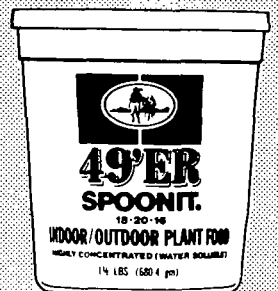
SUNSET GARDEN SUPPLY

320 ALEMANY BLVD. SAN FRANCISCO

Bring in this coupon for a

**FREE
4" COLOR POT**

One coupon per person, per visit. Limited to stock on hand.
Not redeemable for cash. Coupon expires 3/31/92



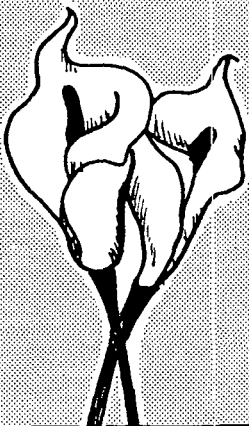
"PLANT FOOD"

REG: \$2.49

SALE: \$1.99

8 oz. size

"WHITE CALLA LILLIES"



REG: \$7.50

**SALE:
\$5.25**

2 gallon pot size

"CITRUS TREES"

5 GALLON POT

REG: \$23.95

**SALE:
\$19.95**

Assorted Varieties

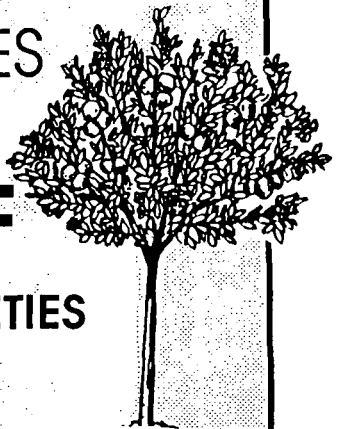
**FLOWERING CHERRY
& PLUM TREES**

REG: \$18.00 - \$23.50

10% OFF

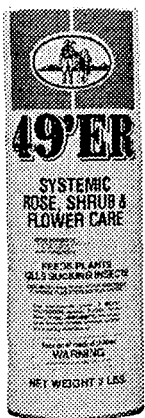
ASSORTED VARIETIES

5 gallon pot



REG: \$9.99

**SALE:
\$7.98**



**Systemic
Rose, Shrub
& Flower
Care**

Feeds Plants, kills
sucking insects

5 LB. CAN

"MAGNOLIAS"

REG:
\$9.25 - \$32.50

10% OFF

1 gal. & 5 gal. sizes



"STEER MANURE"
2 CUBIC FT. BAG

REG:
\$3.69

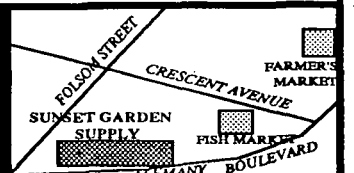


**SALE:
\$2.99**



PRICES EFFECTIVE THROUGH 3/31/92
MANY MORE SPECIALS THROUGHOUT STORE

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS



CLASSIFIEDS

HOME CARE

Moving/Hauling: Food Not Bombs activists. Fast, fair, reliable, experienced. Tom 641-7378.

Expert Affordable Housecleaning by mature women. References. Options Referral Services. A Non-profit community service. (of Options for Women over 40) 626-2128.

Window Repairs: Replace broken glass, ropes, and putty. Small carpentry and Household repair jobs. Free estimates. I am always on time. City Window Service. 337-9327.

Painting, Victorians have been our specialty for the last 20 years in San Francisco. Top quality work and local references. Ted Mareno. 956-2642.

PROFESSIONAL SERVICES

Moderne Graphics/Desktop Publishing. Newsletters, Brochures, Business Cards, Menus, T-Shirts, Stationery, Newspapers, Logos, Ad Design. Very reasonable rates, Free consultation. 282-7955.

Magic Marketing - Logos, letterhead, business cards, flyers, brochures, ad copy and illustrations, plus the marketing strategies to make your enterprise take off. Chris Andreae (415) 648-1681.

The Traveling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$40 per hour. Licensed and certified. Georgio. 864-5747.

Furniture stripped and refinished: Excellent work quickly done, includes pick-up and delivery, reasonable rates. Call Jim for an estimate: 621-4390 or 824-1180.

WANTED

Attractive Latin woman looking for a good man! Friendly, open, easy going, sincere, sensitive, 40's, sense of humor, independent, looking for a caring, honest, WM, 50's to early 60's, who is affectionate, loving and communicative for friendship leading to marriage. I like all of life's single pleasures. What do you like? Write me a note. Tell me about you. P.O. Box 40932, S.F., CA 94140, Attn. Star.

Cash for furniture: Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick, courteous service. Jim: 621-4390 or 824-1180.

PET CARE

Does Rover need Training? Exercise? A ride to the vet? Want to be sure Fluffy is content while you're away? Positively Pets can help! Training, problem solving, pet sitting, geriatric care, exercise, transportation. For all pets. 10 years experience. Bonded. References available. Senior discounts. 647-2463.

HEALTH

Massage for People who care about themselves. Swedish, shiatsu, deep tissue, sports massage. Good for pain release & stress reduction. Call Rose, 641-5209.

Blood Pressure taken free when Jeanette Conley, RN is in at the Emerald Edge. Also Blood Sugar readings coming soon to the Emerald Edge. 513 Cortland Ave., Bernal Heights 647-6556.

Massage - Deep Tissue work, Jin Shin Jyutsu Body balancing and nutritional tips. Jeanette Conley RN, 647-6556.

RENTALS: AVAILABLE / WANTED

Room for rent. To share live or work space with 1 other person for \$333.00/month. I live and work at home and have an extra room in a 3 bedroom Bernal Heights house (sunny, nicely furnished, deck & yard). Non-smoking, no pets. Call 824-8005. Eugenia & Andover.

Rental Wanted: One bedroom, studio or in-law near Moultrie and Cortland, \$500-\$600/mo. for an elderly woman. Call Bill, 824-2607.

Ski Lovers/Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Skiing at nearby Diamond Peak, Squaw Valley, Alpine Meadows, Mt. Rose and more! 20 minutes to South Shore Casinos and shows. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. Call now for Ski Season! 282-7955.

JOBS AVAILABLE

Coleridge Park Homes Manager - 49 unit senior housing complex is seeking a new full-time Manager. The CPH manager receives a free one-bedroom apartment plus \$1,280 a month, as well as a health plan. Candidates should be bi-lingual and have experience managing a senior and/or low income housing development. Call Morley Alexander, Bridge Management Company: 989-1111.

HANDYMAN AVAILABLE

Super Handyman: - Walls, doors, windows and floors. Maintenance, electrical and plumbing. Sheet rock, paint prep/ready, tiling, refinishing, remodeling by Olivier. 826-8766.

CLASSIFIED ADS: ONLY 20¢ per word!

TOTAL _____ words @ 20¢ per word = \$ _____
TOTAL ENCLOSED

20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error affects the value or content of your ad, we will repeat a corrected version in our next issue. PLEASE PRINT CLEARLY!

Send complete payment to the:

New Bernal Journal
515 Cortland Avenue
SF, CA 94110

What's Up and Down In Bernal

Mayor's Gang Prevention Project Needed in Bernal Heights

by Mauricio Vela, Neighborhood Center Director

On January 15, 1992, I attended the 1st block club meeting of the Peralta and Mojave Block Club. The neighbors' major concern was the growing number of youth congregating on their block harassing neighbors, drinking alcohol, littering streets, and vandalizing cars. There also was a concern about the parents of these youth and what they were doing to control their children. The police response to the problem was that: 1) it is not part of any CPOP (Community Police Officer Program) beat, 2) there is not a sector car that patrols the area, 3) the officers can not harass the youth for just "hanging out" if they are not breaking the law when the police arrive. However, Officer Ibay did commit to giving the block more attention.

I sat there and recalled that on June 24, 1990, Bernal Heights resident Armando Canizales was murdered at the top of the Esmeralda stairs by a drunken older youth for no apparent reason, near the entrance to the neighborhood mini-park that he had helped to build. A feeling of deja vu came upon me having heard of these same complaints over and over at numerous block clubs and Hill-Wide coalition meetings.

One possible solution is expanding the S.F. Mayors Gang Prevention Project into the Bernal Heights community. For years, these prevention projects have provided funding to the Mission District and then hop, skip and jump over the Bernal Heights/Excelsior/Outer Mission communities, and end up in the Bayview/Hunters Point, and the OMI community. It's time we take action to change this pattern.

The Mayor's Gang Prevention Project is a coordinated application of services including (1) community-based streetwork outreach and case management; (2)

Gang/drug prevention education in schools and neighborhood centers; (3) training in family communication, youth leadership and gang negotiation skills; and (4) expanded recreational and social activities for targeted youth. If Bernal Heights is to prevent further escalation of the concerns mentioned above, we need to con-



Clo Dow, new OSAP Youth/Family Community Organizer

vince our new mayor to expand the program. During the final months of 1991, Mayor Agnos committed to expanding the program into Bernal Heights. We need Mayor Jordan to follow through.

Another part of the solution began in early January of this year when The Office of Substance Abuse Prevention (OSAP) funded the Neighborhoods In Transition-A Multi-Cultural Partnership (NIT-AMP) project in the City. With Bernal Heights as one of the nine communities receiving funding, the Bernal Heights Neighborhood Center was able to hire Ms. Clo Dow as the youth/family community organizer to

assess needs and implement a community wide substance abuse program. The major goals of the four year project are to 1) Improve planning, 2) Strengthen Family Support, and 3) Create a neighborhood based media awareness and education program. Specifically, Ms. Dow will organize the Bernal Heights Youth Service Providers coalition to coordinate youth services in Bernal, and find out where services exist and where and when they are needed. This coalition will also be able to lobby collectively for the additional needed services.

Ms. Dow will also develop an "hand held" youth services directory that could be distributed at youth "HOT SPOTS" by her, street workers, CPOP officers, neighbors in the immediate area, and at youth service provider locations such as the Neighborhood Center. She will also be patrolling the HOT SPOTS to encourage the neighborhood youth to utilize existing services they may be unaware exist. Ms. Dow will be visiting Bernal Heights schools to introduce existing services and garner support. She will also work with the Hill-Wide Block Club coalition to develop and strengthen community ties which in turn can be utilized to acquire additional youth funding and services in Bernal Heights.

These are just two pieces of the solution to curtail the growing concerns in regards to neighborhood youth. The other piece is for you to get involved with your block club or the Hill Wide coalition to ensure police services are not diminished, and that existing youth services are not reduced in Bernal Heights. Should you like to get involved, please call Miss Clo Dow at the Bernal Heights Neighborhood Center, 206-2140 or attend your next block meeting.



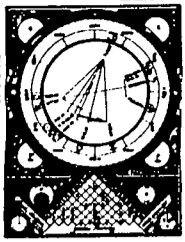
Our Doctors Speak Your Language

Looking for a doctor who speaks your language? St. Luke's free Physician Referral Service will help you find a doctor to meet your special needs. Whether you're looking for a doctor who's male, female, speaks a second language, or accepts your insurance, we can help. Our physicians are members of our community and meet our high medical standards. They're just a phone call away.



Call 821-DOCS

Weekdays from 9 to 5, 821-3627



Astro-Rap

By Jessica Murray

The planet Mars catches up to slow moving Neptune on Feb. 1st, a conjunction that traditionally bodes ill for clean action. The ancients consider this influence, which may last for a week or more, to be fraught with illusion and even deception. These days the more psychologically-minded astrologers see it more as a case of unconscious motivations being likely to spill over into our behavior, causing confusion. On whatever level you see it, be alert during the days surrounding that Saturday.

Go forth as life is one big movie, for it will be.

Astrological classes & consultations:
Jessica Murray, 626-7795.

Health Focus

Massage

By Jeanette Conley, RN

Massaging a tense muscle to relaxation has a ripple effect to the rest of the body. While I relax a person's shoulder muscle I can watch the whole area change position and people's breathing relaxes. Swedish massage improves circulation to the area thru the use of long fluid strokes over the body with oil.

Physically there are many changes. The muscles when tense produce and hold toxins in the tissue. Massage loosens up these wastes and increases the removal of these products thru the blood. The area then becomes slightly red due to the touch and the capillaries dilate. After exercise massage decreases soreness of the muscles and joints. Lymph flow is improved and white blood cells are increased to strengthen the immune system. Deep tissue work has a major influence on the structure of the body and the organs. Many people when they first receive a massage say that they didn't know that that part felt like that. They gain an increased awareness and sensitivity to their body. Generally people hold on to their breath when their muscles are tight and sore and at the end of massage they are breathing deeper and more fuller.

Massage increases circulation and relaxation to the body as a whole. Increase blood flow and white blood cells boost the immune system. People have a heightened awareness of their body after a massage. It is important to receive a massage to bring the body back in balance.

Jeanette Conley RN, The Emerald Edge, 513 Cortland Ave., Bernal Heights. 647-6556.

BECOME A S. F. FIREFIGHTER

Annual starting salary \$37,830
Equal Opportunity Employer

MINIMUM QUALIFICATIONS:

- * 18 years old, as of February 15th
- * Eligible to work in U. S.
- * CDL with good record
- * High School Diploma or equivalent
- * S. F. Resident for 4 months prior to application
- * Good physical health

APPLY IN PERSON

2310 Folsom Street

February 14-15

8 am- 6 pm ONLY



Walking the Beat

No More Missing Children!

By CPOP Officer Rey Ibay

It is six o'clock in the evening and you are slowly getting nervous. You are worried because your child should have been home at four o'clock. You start to phone your child's school. You start to realize that the school is already closed for the day. You phone all your relatives and ask them if they have seen your child. "NO" and "I DID NOT" were the answers given to you. Now you are worried sick.

You phone the police. When the police arrive, they ask you numerous questions about your child. You know your child well but you are unable to provide some simple information. The police wait while you search for the pertinent information. Please do not wait for a crisis before you search for the needed information. The sooner we, the police, get the needed information, the sooner we can start the investigation or the search process. Make

note of the following "needed" information so you can be prepared:

• A recent photo of your child is very important for the search. I responded to a missing child incident on Banks Street. Our investigations was slowed down because of the unavailability of a recent photo of the child. The mother handed us a baby picture of her nine-year old son. Naturally, the picture was useless for our purpose. Luckily, we found the missing child about a block away from his house wandering around with his friends. We recognized him with just the clothing description given. But you can just imagine, when we were searching for the child, that we did not know what he looked like.

• Make sure the following data about your child is up-to-date: the height and weight, eye color, hair color and length, clothing

size, distinguishing marks (such as birthmarks, scars, etc.), health condition (diabetic, asthmatic, etc.), physical defects, (walks with a limp, bow legged, stutters), etc.

• Maintaining a copy of child's fingerprints would be very helpful. If your child has not been fingerprinted yet, phone me at the C.P.O.P. 24-hour telephone line: 333-3433. If there is a need, we will plan for a child fingerprinting day.

• Know your child's friends. If possible, note their addresses and phone numbers. Remember, every detail- however minor- can be very important in our investigations. With the "needed" information ready, we, the police, can start the search rapidly to quickly find your missing child.

MASSAGE ON THE HILL

"When you want that special touch"

Massage:

- Relieves stress
- Eases sore, tired muscles
- Relaxes & nurtures body & spirit



Call Charles Seltzer, CMT

10 years experience

821-7607

licensed, certified, professional since 1981
Bernal Heights location
hours by appointment

25% Discount with this ad



LAMA'S KENPO KARATE

INTRODUCTORY SPECIAL

\$29.95 FOR THE 1ST MONTH

Plus a free black uniform when you join!

Offer good for all ages
New students only
Coupon expires 3/31/92

LAMA'S KENPO KARATE
397 Cortland Avenue • San Francisco
(415) 285-6787

Personal
Service...
Experience...
Results...

Susan
M. SUSAN HUGHES
BROKER

Bernal Heights resident since 1978

664-9175 ext. 233 Office

824-1533 Residence

FRANCISCAN PROPERTIES

JC SUPER

820 CORTLAND AVENUE, S.F.

YOUR NEIGHBORHOOD SUPER MARKET!

Sunday - Thursday, 7:00 am - 9:00 pm
Friday - Saturday, 7:00 am - 10:00 pm
Groceries: 648-4656, Meat Department: 648-4657

GROCERIES

KRISP CRACKERS <small>RYE, SESAME, WHEAT, NATURAL</small> <small>8 OZ. BOXES</small> \$1.39	SCHILLING SPICES, SALT & EXTRACTS <small>ALL SIZES</small> 10% OFF <small>PER PKG.</small>	AJAX CLEANER <small>14 OZ.</small> 39¢
WALLA WALLA ASPARAGUS SPEARS <small>300 SIZE</small> \$1.49	B.H. SODA 2 LITER <small>ALL FLAVORS</small> 89¢ +CRV	ORACADIN PURE OREGON CASCADE SPRING WATER <small>40 OZ. BOTTLES</small> 79¢
FRONTIER TOILET TISSUE <small>4 PK., 2 PLY</small> 89¢	KAEL'S EGGS <small>18 PK. GRADE AA</small> \$1.69	B.H. CELLO BREAD <small>39¢ each</small> 3/\$1.00
EMBASSA JALAPEÑOS <small>WHOLE OR SLICED 26 OZ.</small> \$1.69	CALIFORNIA HOTWOOD NATURAL OAK WOOD <small>NO CHEMICALS</small> \$4.69 BOX	PINE MOUNTAIN FIRE LOGS <small>HANDY SIZE 6 PK. 3 HOUR SIZE</small> \$9.69
B.H. BUTTER <small>1# CUBES</small> \$1.69	BERKELEY FARMS ICE CREAM <small>1/2 GALLON PREMIUM</small> \$2.49	MISTIES FACIAL TISSUE <small>170 2 PLY</small> 79¢

EVERY DAY LOW PRICES!

MI RANCHO CORN TORTILLAS	4/\$1.00
PALMOLIVE DISHWASHING DETERGENT 42 OZ.	\$2.99
PALMOLIVE LIQUID AUTOMATIC DISHWASHER DETERGENT 50 OZ.	\$3.29
BH RAMEN NOODLES	6/\$1.00
OCELLO SPONGES 4 PK.	89¢
GOURMET PANTRY JAMS 16 OZ.	\$1.49

FRESH PRODUCE

POTATOES 10# BAG	99¢
LETTUCE	59¢
DRY YELLOW ONIONS 3LB	\$1.00
AVOCADOS	89¢ EACH



MEATS



PORK BUTTS	\$1.29/LB
PORK BUTTS - BONELESS	\$1.49/LB
PORK NECK BONES	59¢/LB

FOSTER FARMS	FOSTER FARMS
WHOLE FRYERS	69¢/LB

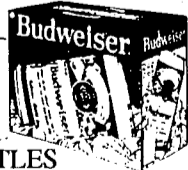
GROUND CHUCK FAMILYPACK	99¢/LB
--------------------------------	---------------

FILET MIGNON STEAKS	\$6.99/LB
PORK CHOPS CENTER CUTS	\$2.89/LB
RIB PORK CHOPS	\$1.59/LB
LARGE LOIN PORK CHOPS	\$1.79/LB

CROSS RIB ROAST	\$2.49/LB
------------------------	------------------

LIQUOR

STOLICHNAYA VODKA 750 ML	\$12.39
GORDON'S VODKA LITER	\$6.99
PRESIDENTE BRANDY LITER	\$9.98
SEBASTIANI COUNTRY WINES 1.5 LITER	\$6.99
SEBASTIANI PROPRIETORS WINE 1.5 LITER	\$5.99
CORONA 6 PK. 12 OZ	\$6.29 + CRV
BECKS 6 PK. 12 OZ BOTTLES	\$6.29 + CRV
ROLLING ROCK 6 PK. 12 OZ. BOTTLES	\$4.29 + CRV
BUDWEISER 12 OZ CANS 12 PACK	\$6.99 + CRV



FOOD
STAMPS
ALWAYS
WELCOME



Play all the California
Lottery Games

PRICES EFFECTIVE THROUGH 2/9/92
MANY MORE SPECIALS THROUGHOUT STORE

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS

